



Parents for Children's  
Mental Health  
SUPPORT. EDUCATE. EMPOWER.

**Monday, June 17th**

**PARENTS' Support Group-all are welcome!**

**Topics: Self Care and parent discussion/resource sharing**

**Does your child's anxiety, ADHD, mood disorders, learning disability, or behaviour challenges make parenting difficult?**

<b>Future Meetings</b> 3 <sup>rd</sup> Monday of each month NOTE some dates change due to statutory holiday conflict.	<b>No meetings July and August</b>  <b>Monday, Sept 16<sup>th</sup> Guest Speaker: IEP Individual Education Plans &amp; IPRC - understanding the process and how to advocate for your student</b>
	6:30-8:00 pm <b>No pre-registration is needed. All are welcome.</b> Sorry no child minding available. Young children cannot safely be left unattended.
<b>Where</b>	<b>*NEW*</b> Aurora Kinark Office 218 Earl Stewart Drive, Unit 7, Aurora, ON L4G 6V7. One block south of St. John's Sideroad. One block west of Bayview Ave. Lots of free parking

**Benefits of PCMH Support Group:**

- meet other parents with children who have similar challenges
  - find encouragement and emotional support
- learn strategies to help your child or youth at home/school
  - learn how to access resources in the community

PCMH is the only provincial, family-led, non-profit organization that provides a voice for families who face the challenges of child and youth mental health issues. PCMH provides support, education, and linkage between families, communities, agencies and government. PCMH believes in the promotion of family-centred principles of care. PCMH envisions a future in which children and youth with mental illness enjoy a high quality of life in welcoming and supportive communities. For more information and resources, please visit [www.pcmh.ca](http://www.pcmh.ca).